

If you don't know her already, this is Jodi...one of my closest, bestest friends in life. I met her over ten years ago when I went to my second yoga class ever. (First was Bikram in California and I almost died.) I was scared to go to my first ever class. I had only really done yoga on DVD's at home. A friend of mine dragged me into Jodi's class and I was immediately hooked. Anyone who has been to Jodi's class would tell you she's one of the very best yoga teachers around. She has certainly found her calling. And...she is responsible for me being where I am today. Once we became friends she dragged me to every yoga event in (and not in) town. She convinced me to go to Yoga Teacher Training and once I was done, she gave me a job and told me to teach! She told me this Happy Hour thing would be difficult...and she was right...but she has been completely supportive and helpful and has believed in me always. Love her! And you will too. Here's a little more about Jodi.

She's been teaching yoga for 17 years, and her favorite thing about teaching is helping people feel good! She's been vegetarian for about 12 years and vegan for about 5 years. "I decided to go vegan because I am appalled at how our society treats animals. Metta is Betta!!" Quartino Restaurant in Chicago is her favorite restaurant because the food is delicious and they offer vegan and gluten free options and the wine selection is great too. For those of you who don't know, Jodi is a GREAT cook...cooking all vegan food. I often tell her I'd be vegan too if she were my personal chef. She's cooking at the studio on February 10th! Her favorite TV show is Shameless because its good, raunchy fun!

Jodi has a beautiful 19 year old daughter named Madi who is currently enrolled in Cosmetology School, and a very handsome 17 year old son, Luke, who's a junior at Huntley High. He is an aspiring musician who makes incredible beats and raps.

Jodi has her own YouTube Channel, Shima Flow Yoga, which offers free yoga and plant based cooking videos. It's a great place to start doing yoga if you're afraid to jump into a class and you'd like to learn. Take a look at her channel and please subscribe if you haven't already!! She's also a Wellness Advocate with DoTERRA Essential Oils.

I asked her what advice she'd give to people who are just starting out a yoga practice. She said "be patient and enjoy yourself. Have fun. Accept the challenges. LET GO!"

Great advice! Especially that LET GO bit there at the end, seeing as that's our promo for the month! We are so lucky to have Jodi at our studio. She's a wonderful teacher...and friend. Come and check out one of her classes or her workshops. You'll love her just like I do.